

TODAYS LESSON

Title: Understanding the stages of the human lifespan

Success Criteria:

- I can outline each of the stages of the lifespan including age ranges and major events and milestones at each stage.

THE LIFESPAN

The human lifespan consists of a series of orderly, predictable stages that begin at the time of an individual's conceptions and end with their death.

The different stages are often associated with an approximate age and certain developmental milestones

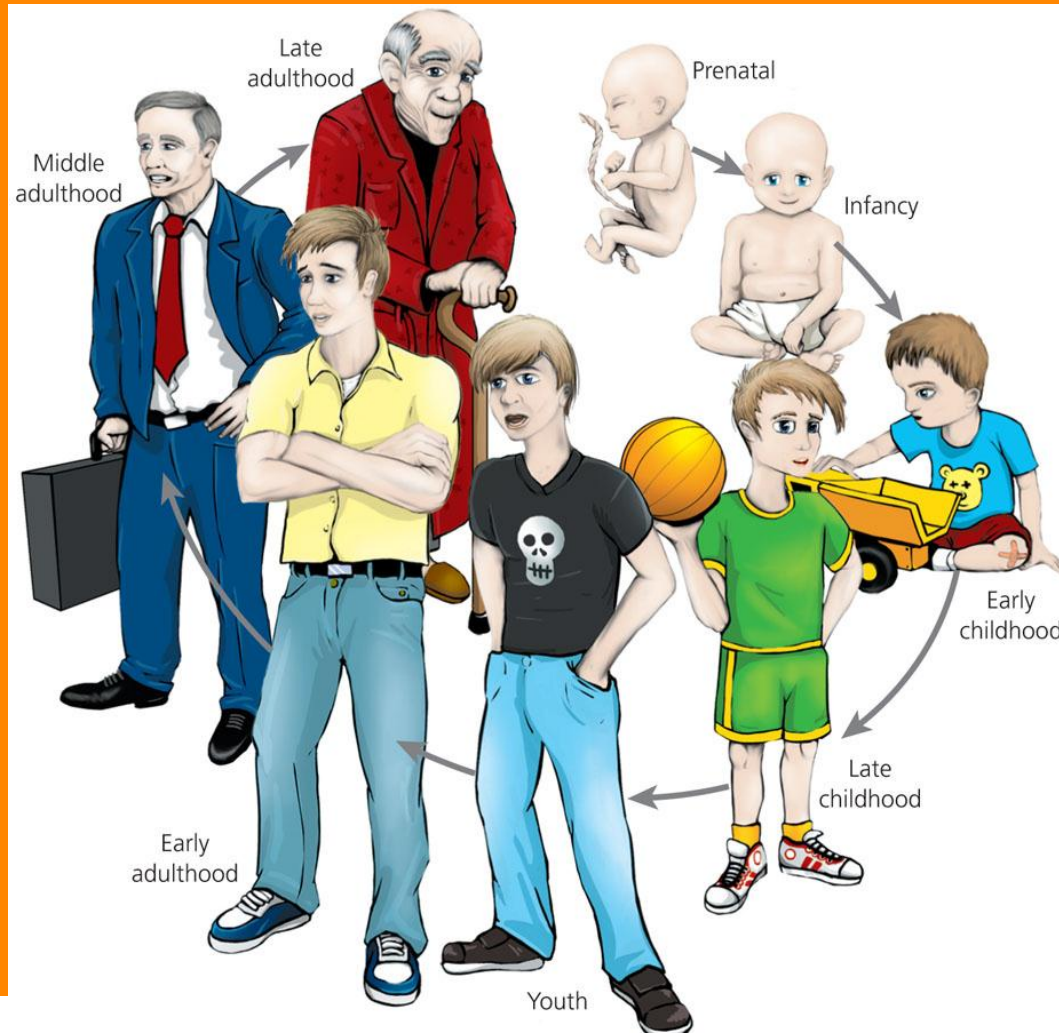
Developmental milestones- A task, undertaking or event that is expected to be achieved in order to successfully progress to a further level of development.

E.g.. Learning to walk

STAGES OF THE LIFESPAN

- From what you have learnt so far see if you can have a guess at what the stages of the lifespan might be?

STAGES OF THE LIFESPAN



PRENATAL

(conception- birth)

- The prenatal stage begins when a sperm penetrates an egg in a process known as fertilisation.
- This is by far the stage with the fastest cell division. In this stage, a single cell becomes 200 billion cells.
- It is 40 weeks long



INFANCY

Infancy- birth-3 years

- Infancy is a period of rapid growth and many changes.
- A newborn baby is obviously very different to a two year old.
- By the time a infant turns two they have developed their motor skills and can walk, use simple words, identify people that are familiar to them and throw tantrums when they don't get what they want.

EARLY CHILDHOOD

Early childhood 3-6 years

- Slow and steady growth
- The child learns many new skills including how to interact with other people.

LATE CHILDHOOD

Late childhood 6-12 years

- Slow and steady growth
- There are many physical, social and emotional and intellectual changes that occur as the child moves through this stage. This includes refining reading and writing skills, developing long-term memory and refining motor skills.

EARLY ADULthood

18- 39 years

- **Physically this stage** is characterised by the body reaching its physical peak around 25-30 followed by a steady decline of body systems thereafter.
- People in this age group often decide on a career, may choose a life partner and start a family.

MIDDLE ADULthood

40-64 years

- Some common characteristics in this stage of the lifespan include stability in work and relationships, the further development of identity and financial security.
- Many individuals at this stage may experience the joy of becoming a grandparent.

YOUTH

12-18 years

- The youth stage is characterised by rapid growth, increased independence and sexual maturity.
- This stage is concerned with moving from childhood into adulthood.
- Friends are very influential at this stage



LATE ADULthood

65+ years

- The final stage of the lifespan
- Often results in **change in lifestyle resulting from retirement.**
- It can include greater participation in voluntary work and in leisure activities such as golf and lawn bowls.
- Many older people **may experience the grief associated with losing a spouse or friends.**

HOMEWORK

Complete Activity 1.10 page 24 of textbook.

Questions 1-4 only. Due next lesson

ACTIVITY

- As a class we are going to create a life span we can display in the classroom.
- You will be working in groups of 2 and each group will be given one lifespan stage to complete an A3 poster on that stage.
- You will need to include- Heading with the name of stage and ages, major events or developmental milestones and pictures. Refer to pages 23-24 to help you.
- Remember it needs to be display worthy!!!

TODAYS LESSON

Title: Unit One Summary

Success Criteria:

- I can summarise all the topics covered during Unit 1

ACTIVITY

- **Complete the Summary Questions on pg. 26 of your textbook including the extension questions.**

To help you use:

- **Your text book (Chapter 1)**
- **Your classroom notes**
- **Subject Wiki – healthandhdatsdc.wikispaces.com**